



Recreational Schedule - 2023 Fall Session

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Class	Sept 11, 2023	Sept 12, 2023	Sept 13, 2023	Sept 14, 2023	Sept 15, 2023	Sept 16, 2023	Sept 17, 2023
Last Class	Dec 4, 2023	Dec 5, 2023	Dec 6, 2023	Dec 7, 2023	Dec 8, 2023	Dec 9, 2023	Dec 10, 2023
# of Weeks	12	13	13	13	13	12	12
KINDERGYM DROP-IN							
BABYNASTICS (8 MTHS - 12 MTHS)	11:30 AM (45 Mins)				11:30 AM (45 Mins)		
TALL & SMALL 1 YR OLDS PARENT ASSISTED	10:00 AM	9:00 AM	9:15 AM			9:00 AM 11:30AM	9:00 AM
TALL & SMALL 2 YR OLDS PARENT ASSISTED	9:00 AM	10:15 AM			10:15 AM	10:00AM 10:30 AM	10:00 AM
TALL & SMALL 3 YR OLDS PARENT ASSISTED		11:15 AM			10:15 AM	9:45 AM 10:45 AM 11:00 AM	9:15 AM 10:15 AM 11:30 AM
INDEPENDENT 3 YR OLDS	11:00 AM		10:15 AM			8:45 AM	
Parkour Toddlers Independent 3/4 yr olds							1:00 PM 2:00 PM
INDEPENDENT 4 YR OLDS		4:00 PM	11:15 AM 4:30 PM	4:00 PM	4:45 PM	9:15 AM 10:15 AM 11:15 AM 1:00PM	8:30 AM 9:30 AM 10:45 AM 12:15 PM
Purple and Turquoise 5-6 YR OLDS	4:00 PM (Boys) 4:15 PM (Girls)	5:15 PM (Girls)	5:45 PM (Girls)	5:30 PM (Boys)	4:00 PM (Girls) 5:45 PM (Girls and Boys)	9:00 AM (Girls) 11:00 AM (Girls) 2:00 PM (Girls)	8:30 AM (Girls) 9:30 AM (Boys) 12:15 PM (Girls)
Turquoise and Red 5-6 YR OLDS	5:00 PM (Girls)		5:15 PM (Girls)				
Red and Bronze 5-6 YR OLDS		5:15 PM (Girls)	4:15 PM (Girls)			12:45 PM (Boys) 2:00PM (Girls)	8:30 AM (Girls)
Bronze and White 6-8 YR OLDS (2 HRS)		6:15 PM (Girls)					
Purple and Turquoise 7-9 YR OLDS	6:15 PM (Girls)	6:30 PM (Girls)					9:30 AM (Boys) 1:30 PM (Girls)
Turquoise and Red 7-9 YR OLDS	5:15 PM (Girls)				5:00 PM (Girls) 7:00 PM (Girls)		
Turquoise, Red, Bronze 7-9 YR OLDS							10:45 AM (Boys)
Red and Bronze 7-9 YR OLDS	5:15 PM (Girls)		6:15 PM (Girls) 6:45 PM (Girls)	5:00 PM (Girls) 6:15 PM (Girls)	6:00 PM (Boys)	11:00 AM (Girls)	10:45 AM (Girls) 1:30 PM (Girls)
Bronze and White 7-9 YR OLDS	6:15 PM (Girls)						2:30 PM (Girls) 3:30 PM (Girls)
White and Silver 7-9 YR OLDS (2 HRS)				5:15 PM (Girls)		9:00 AM (Girls)	
Silver, Yellow, Gold 7-9 YR OLDS (2 HRS)							10:00 AM (Girls)
White, Silver, Yellow, Gold 7-9 YR OLDS (2 HRS)							2:45 PM (Girls)
Red and Bronze 7+ YRS OLD							8:45 AM (Boys)
White, Silver, Yellow, Gold 7+ YRS OLD (2 HRS)							9:45 AM (Boys)
Purple and Turquoise 9+ YRS OLD						10:00 AM (Girls)	
Turquoise and Red 9+ YRS OLD	7:15 PM (Girls)						2:30 PM (Girls)
White, Silver, Yellow, Gold 9+ YRS OLD (2 HRS)						12:30 PM (Girls)	
Yellow and Gold 9+ YRS OLD (2 HRS)				6:15 PM (Girls)			
Red and Bronze 10+ YRS OLD							8:45 AM (Girls)
White and Silver 10+ YRS OLD (2 HRS)	6:30 PM (Girls)						
Silver, Yellow, Gold 10+ YRS OLD (2 HRS)							12:30 PM (Girls)
White, Silver, Yellow, Gold 10+ YRS OLD (2 HRS)			6:15 PM (Girls)	6:30 PM (Boys)			
JUST JUMP (L1-4)						1:00 PM	
JUST JUMP (L5-8)						2:15 PM	
Intro to Rhythmic Gymnastics						2:45 PM (Purple) 3:45 (Turquoise)	
Homeschool					1:00 PM		
ADULT REC 18+		Beginner (5:30-7:00pm) Advanced (7:00-8:30pm)					Competitive (4:00pm-6:00pm)

Additional Information

Unless otherwise indicated kindergym and recreational classes are 1 hour long

PLEASE NOTE: Schedule is subject to change

There will be no classes on Saturday October 7, Sunday October 8, or Monday October 9 (Thanksgiving weekend)

Check our website for any news: www.ottawagymnasticscentre.ca or contact us at info@ottawagymnasticscentre.ca or 613-722-8698

Registration OPENS on August 15th, 2023 @ 12pm (Noon)